

Each semester the College and Career course focuses on a different topic to aid in student development. The following are the course titles and objectives

Curriculum Overview

| Fall | Spring |
|---|--|
| Person Centered Planning (Speak Up) <ul style="list-style-type: none"> ● Understanding Self Advocacy ● Designing Goals and Resources ● Developing and Communicating a Person Centered Plan | Person Centered Planning part 2 <ul style="list-style-type: none"> ● Problem solving and gathering resources to achieve goals ● Interview practice/Resume development |
| Social Skills (PEERs Curriculum) <ul style="list-style-type: none"> ● Starting, switching, and stopping conversations ● Reading social cues ● Using social media and electronic communication ● Handling disagreements | Dating & Relationships (taught by national expert) <ul style="list-style-type: none"> ● Developing clear communication strategies ● Understanding boundaries ● Noticing the difference between healthy and unhealthy relationships ● How to date |
| Cooking and Meal Planning (taught by campus Wellness Center staff) <ul style="list-style-type: none"> ● Planning weekly meals ● Develop the skills necessary to budget and shop for groceries ● Basics of cooking ● Understanding what it means to be healthy & and eat healthy meals | Recreation, Health, & Wellness (taught by campus Wellness Center staff) <ul style="list-style-type: none"> ● Learn basic skills for common recreation activities ● Learning to manage stress and implement strategies ● Creating a balanced life |
| Community Service Learning Project <ul style="list-style-type: none"> ● Understanding the needs of others and the community ● Developing activities to give back to the community | Community Exploration <ul style="list-style-type: none"> ● Learn the value of connecting with community ● Learn to be an active participant in your community and create a life you love |